



GUARD FAMILY CONNECTION

Volume 3, No. 1 NORTH CAROLINA NATIONAL GUARD



National Guard Children: The Smallest Minutemen

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Family Readiness Programs'
Year-in-Review

Educating Educators

Computers for Kids



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Guard Family Connection
N.C. National Guard Magazine
Volume 3, No. 1

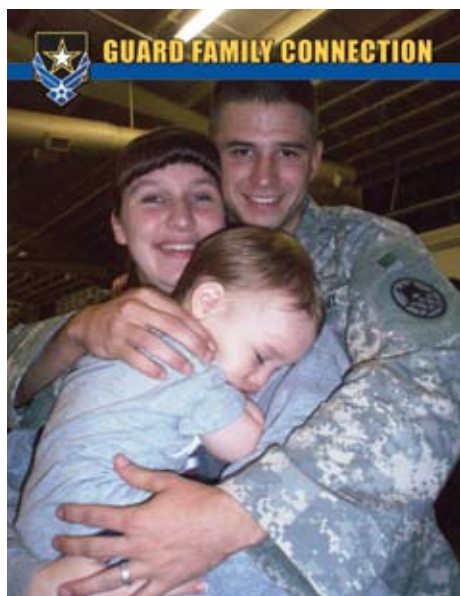
The Guard Family Connection is a quarterly published nonprofit magazine produced by the North Carolina National Guard Public Affairs Office & Family Readiness. This funded National Guard magazine is an authorized publication for members of the North Carolina National Guard. Contents of The Guard Family Connection are not necessarily the official views of, or endorsed by, the U.S. Government, DoD, the Department of the Air Force, the Army, or the National Guard Bureau. For comments questions or corrections about this publication, email: gfcnc@nc.ngb.army.mil.



If you are interested in finding out more about the North Carolina National Guard, call toll-free 1-800-621-4136 or visit www.nc.ngb.army.mil

On the cover >>

Spc. Robert Johnson, of the 505th Engineers, hugs his wife Kristina and their 1-year-old son, Roman Cole at the Pope Air Force Base Green Ramp upon his unit's return from Iraq on Sept 23. The 505th Engineer Battalion was mobilized in support of Operation Iraqi Freedom Aug. 2005. They conducted combat engineer operations, road clearing and repairing, and force protection construction.



POSTMASTER
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The Adjutant General



The Smallest Reason for Serving

In a recent letter to the NC National Guard Association membership I encouraged our Soldiers and Airmen to take time over the holidays to recharge their batteries. We all live at a very hectic pace, balancing family, civilian careers and service to the state and nation. I hope that you took the time to heed that advice. I also offered that the reason for your dedicated service may very well be sitting across the table at your holiday meal. In this sixth issue of Guard Family Connection we take time to look at the young people in our families, as the inspiration and reason for the long hours of service we commit to the National Guard.

In the movie "The Patriot", Mel Gibson's character struggles with his eldest son's anxiousness to go to war. Gibson's character, a seasoned combat veteran, knows the struggles and danger that can befall those that take up the call to arms. Like any parent, he is reluctant to let his son go to face the danger. It isn't until the execution of one his other sons that he decides the war is now personal. Throughout the movie you see how families as well as citizens were directly affected by the war. Throughout our history military family members, old and young, have dealt with their service member's absence, either in training or real world missions, through personal fortitude and reliance on immediate family. The military has not always had robust programs to support the needs that arise when a family member goes to war. The importance of taking care of families was key in developing a variety of programs for Soldiers and Airmen and their families in the North Carolina National Guard. I am especially proud of a program unique to North Carolina called Kids on Guard.

This program was born from the realization that our smallest members need to understand what their Guardsman was doing during weekend training, annual training, or overseas deployment, as well as connect with other children experiencing the same thing.



This simple concept has matured from a day camp at a Family Assistance Center (FAC) to a full fledged non-profit organization with a goal of serving more children, in more locations more often.

I encourage you in this New Year if you have not had your Guard child attend a Kids on Guard event, please do so. The friendships they make, and the lessons they learn will be of great benefit to you and your family as we continue to serve our state and nation in this truly unique time in history. Also, I encourage you to volunteer your time, talents and treasure. The time and talent is invaluable. And the financial support is tax deductible. But, most importantly, the gift will go on to help the children of your fellow Guardsmen and our nation's future Patriots.

Respectfully,

William E. Ingram Jr.
The Adjutant General
NC National Guard



THE SOLDIERS CREED

I am an American Soldier.

I am a Warrior and a member of a team.
I serve the people of the United States and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically
and mentally tough, trained and
proficient in my warrior tasks and drills.

I always maintain my arms,
my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage,
and destroy the enemies of the
United States of America in close combat.

I am a guardian of freedom and the
American way of life.

I am an American Soldier.



AIRMAN'S CREED

I AM AN AIRMAN

A Newly planted seed growing each day,
exceeding all expectations

I AM AN AIRMAN

One of the many, the strong, and the proud

I AM AN AIRMAN

Backbone of the Air Force, focused
on quality, integrity, and excellence

I AM AN AIRMAN

Eager to learn the skills of tomorrow's needs.

I AM AN AIRMAN

Continuously striving to become more than
I thought I could and encourage
my fellow airmen to do the same.

I AM AN AIRMAN

Going above and beyond what is expected
by those appointed over me

I AM AN AIRMAN

A follower, transforming into a future leader

I AM AN AIRMAN

A part of the hope and promise of freedom,
willing to die so that freedom may live

I AM AN AIRMAN



Family Connections

A New Year For Family Programs

Another year comes to an end in Family Programs, I would like to take this opportunity to highlight some of our 2006 accomplishments and tell you what our current plans are for 2007.

Looking through this quarter's Guard Family Connection, you will see quite a few events that our Family Assistance Centers (FAC) around the State have conducted in 2006. All of them were held with you in mind. They range from Pre-Deployment/Deployment Briefs, to Operation Kids on Guard events, day and weekend programs for both Army and Air, to Back-To-School Jams, to VidiTalk events, Reunion Briefings and of course, our favorite, talking with families while waiting for that plane to land, unit returns. Many of these were coordinated with our Family Readiness Group (FRG) Leaders, without whom, we would not be able to have such a far-reaching Program.

If you don't happen to know who your FRG Leader is, please take the time to find out and ask if you can help them in 2007. The more volunteers that are involved with Family Programs; the more resources we will have to support families.

I want to take this opportunity to thank each of our Volunteers for their time, dedication and "heart" in working with, and for, all of our Guard families. You are the ones who are on the front line with the families. I also want to thank our dedicated FAC Specialists who are always ready to go beyond the typical work day or week to help Guard families often making changes in their own family plans. Although they don't wear the Guard uniform, they are certainly a very big part of the National Guard. They provide information, fun and a sympathetic ear to all who call them.

We hope that 2007 will be an informative, fun-filled year for all of us. We are planning to spread our Operation Kids on Guard even further around the State. Marriage Enrichment Retreats will also be continued this year with a new twist. Our hope is to plan two (2) Marriage Enrichment Retreats with simultaneous Kids on Guard events, so that the entire family will be involved.

We will also be concentrating on more volunteer training in 2007. We want to conduct this regionally, so that more volunteers can participate and we can really build our volunteer base. Also, we'll be hoping to add a Volunteer Youth to our FRG at the Unit level. So, keep your eyes open for someone who loves children and would be a great asset to you and your group. More info to come!

Please remember to check out our updated website www.nc.ngb.army.mil/family.

I sincerely hope that all of you had a safe and wonderful Holiday Season!

Sincerely,
Diane Coffill
State Family Program Director



Diane Coffill
State Family
Program Director

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Check us out! We're on the Web...
www.nc.ngb.army.mil/family

Veterans & Guardsmen Resources



North Carolina National Guard Soldiers and Airmen Assistance Fund

Throughout the State of North Carolina, Army and Air Guardsmen are called to mobilization duty for our country, for state duty for natural disasters, and other required duties. In the absence of their Soldier or Airman, families are dealing with the challenging issues of day-to-day life. Their concerns are many, and sometimes they need assistance.

The Soldiers and Airmen Assistance Fund provides emergency aid to our Guard families in financial crisis. Like other families, sometimes our Soldiers and Airmen suffer job loss, illness, unexpected expenses, or disasters which place them in financial need. Our Fund helps them through difficult times. In 2005, we provided more than \$170,000 to Guard families.

Your tax-deductible donation to the Soldiers and Airmen Assis-

tance Fund will help us help our Families. Donations may be made payable to "NCNG SAAF" and mailed to our office at NCNG SAAF, 7410 Chapel Hill Road, Raleigh, North Carolina 27607-5047.

There are other ways to help the Fund – Purchase a "Support Our Troops" license plate or an "Old Hickory At Baqubah" print by famed military artist Don Stivers.

To request assistance, North Carolina National Guard members should contact their unit staff, nearest Family Assistance Office, or the Fund office.

For more information about the Soldiers and Airmen Assistance Fund, contact Mr. Bob Suber, Fund Manager, at 919 851-3390, extension 3, toll-free in NC 800-621-6159, extension 3, or at ncng-saaf@bellsouth.net.

Support our Troops License Plate

The North Carolina Division of Motor Vehicles is now offering a specialized license plate that allows citizens to show their support for our military members, while providing a donation to the North Carolina National Guard Soldiers and Airmen Assistance Fund.



The new plate, with the phrase "In God We Trust" at the top and the familiar "Support Our Troops" yellow ribbon on the left side,

is available through DMV offices or from the DMV web site, www.ncdot.org/dmv. The cost of the special plate is \$30 plus applicable registration fees. This includes a tax-deductible \$20 donation to the Soldiers and Airmen Assistance Fund. The Fund provides

emergency assistance to our National Guard Soldiers, Airmen, and their Families in financial crisis.

Veterans Benefits:

With the elevated tempo of National Guard soldiers being deployed and soldiers coming back with severe injuries, and those who did not make it back to us at all, the question often arises about what benefits are available for their children. The good news, although limited, is that there are benefits available. Perhaps the most beneficial is the Survivors' & Dependents' Educational Assistance through the Department of Veterans Affairs. This is a type of scholarship program that is available for spouses and children of certain veterans for continued education. Spouses and surviving spouses have 10 years from the date VA establishes eligibility to use the benefit. Surviving spouses of veterans who died on active duty have 20 years from the date of the veteran's death, and children can use the benefit while they are between the ages of 18 and 26.

To qualify for the above benefit you must be the son, daughter, or spouse of:

- A veteran who died or is permanently and totally disabled (100%) as the result of service connected disability.
- A veteran who died from any cause while such service connected disability was in existence.
- A service member who was MIA or a POW.

There are also other scholarships and awards available. For more information you can go to www.va.gov/kids.



Andrew Butterworth
Veterans Benefits Specialist



Family Focus

Family Readiness Programs Year in Review

Asheville

The Asheville Family Assistance Center (FAC) supported the 105th Military Battalion Freedom Salute Ceremony in January, honoring the men and women and their families for contributions to nation and the Global War on Terror.

In March the Asheville Family Health and Science Museum invited our military kids and their families to "Rainforest Alive," a tropical rainforest journey. The kids explored 1800 square feet of the sights and sounds of a semi-tropical rainforest. They got up close and personal with some of the amphibians, reptiles, and invertebrates with the supervision of Jungle Joe.

The next month, Asheville Parks and Recreation hosted an Easter Egg Hunt and military families participated in the fun.

With the summer underway we teamed up with the Morganton FAC to host a Kids on Guard (KOG) program at Freedom High School in July. This wonderful event had a great turn out and a special thanks to all who helped make this event a success.

In October the 2nd Annual "Day of Fun" for Military children or siblings that currently have a Guardsmen serving overseas was held with crafts and games. The supplies and activities were sponsored by the Henderson County 4-H club.

Morganton Highlights

The Morganton FAC kicked off the year in January with a meeting with the Burke County Counselors' Association. The discussion was aimed to help educate counselors and the school system about military families in the area. They were eager to learn what they could do to help military children. One initiative started in the schools was a wall of fame. The chil-



At the summer Asheville Tourist baseball game, N.C. National Guard families were honored by throwing out the first pitch, running the bases with the Asheville Tourist mascot and singing the National Anthem.

Wilkesboro and made pictures and transferred them onto their soldiers' pillow cases which added their own individual touch to the pillow case to send to their soldier. This heartfelt event would give their loved one a bit of home.

The North Wilkesboro Armory hosted a Spring Fling in April with children enjoying all kinds of bouncy inflatable's, hot dogs, snacks and ice cream. Pictures were made for cards and sent to their soldiers.

In July the Asheville and Morganton FAC teamed up together and presented the "Kids On Guard" program in Morganton at Freedom High School with the help of the school's JROTC program. It rained that day, but despite the weather, we had a great time and a great turn out. The children were eager to learn what their parent, friend, or mentor does in the National Guard. The repelling wall and a black hawk helicopter was an exciting for the children. They enjoyed watching the helicopter land and getting to sit in and explore it.

Greensboro Highlights

2006 started off with the FAC from Greensboro working with the Greensboro

dren brought in a photo of their military family member for the wall.

In February a Valentines dinner was held for all military families by the Western Sizzlin Steak House Owner Mr. James Johnson. Families from all branches of the service and units attended. They received a free meal and were shown gratitude for the sacrifice they and their service member are making while away serving the country.

The following month a "Sweet Dreams My Soldier" event was held. This is where families gathered at the VFW in North

Cooperative Extension office and offering a Budget Management course at the Greensboro National Guard armory to guardsmen and their families. The objective was to provide instruction on budget management to military families. The attendees showed interest in the topic by actively

In February the Greensboro and Charlotte FAC's worked together to help families of deployed soldiers make a personalized video email that would be sent to their soldiers overseas.

March got underway with a Kids On Guard event with both the Greensboro and Charlotte Family Assistance Centers and members of C company 505th Engineers Family Readiness group hosting a Kids On Guard (KOG) event. The KOG events introduce children of Guard members to military life and to experience what their soldier does in the Guard. Approximately 65 children participated in this event, and really enjoyed the helicopter provided NC Army National Guard Aviation.

In the spring, Blood drives to help those in the military were held at the Greensboro Armory, Lexington Armory, and Winston Salem Armory. These blood drives were a huge success, with 152 units of blood collected by the Fort Bragg team; all blood collected was solely for military use, both here and abroad.



On Military Spouse Appreciation Day, Jessica Stultz received a pedicure courtesy of JC Penny's Salon Management and Staff.

Also in April "Sweet Dreams My Soldier" events were held at the Greensboro, Morganton and North Wilkesboro FACs. This event provided family members with a unique way to send their soldier a special



Master Sgt. Donald Gray Dennis Ret., a guardsman for 43 years, plays Santa during Operation Santa Claus held at Belmont Elementary School. Since 1972, the N.C. Air National Guard's Operation Santa Claus has reached out to local communities by helping the less fortunate with toy drives and Christmas parties. Photo by Tech Sgt Brian E. Christiansen, North Carolina Air National Guard.

picture or message from home by creating a pillow case with images from home. Like many FAC events, this one provided great networking for the families.

In May the Annual "Make a Wish Festival Concert" was held at the Corpening Plaza in Winston Salem with families enjoying a day of fun at the Make a Wish Festival in downtown. The Clemons Rotary Club provided for free admission to our National Guard Soldiers and families.

May also brought out the best from the J.C Penny Salon of Winston Salem, with a "Military Spouses and Military Appreciation Day". The management and staff of the Hanes Mall JC Penny wanted to honor our military families by providing a variety of services to include: hair styling, facials, manicures and pedicures.

As June got underway, the FAC conducted Mobilization briefings in Greensboro for Headquarters and Headquarters Battery 113th Field Artillery Brigade and in Winston Salem for the 105th Engineer Group as the prepared to deploy in support of Operation Iraqi Freedom.

The next month the FAC was conducting reunion briefings in High Point, Greensboro and Winston Salem.

In September the Greensboro FAC participated in the happy return of the 505th Engineers at Fort Bragg.

The welcome home support continued in October with a Greensboro FAC Specialist at Pope Air Base Green Ramp for the return of the 5th Battalion 113th Field Ar-

tillery and the 694th Maintenance Company.

October wound down with more welcome home support for B Battery 5th Battalion 113th Field Artillery arriving at Winston Salem Armory and the next day celebrating the welcome home ceremony at the First Assembly of God in Winston Salem.

Charlotte Highlights

The Charlotte Family Assistance Center had a variety of events in 2006 with VidiTalk events in both February and May. At February's event Guard families came in

to record a message for their Guardsmen for Valentines Day and in May a "Mothers Day and Military Spouse Day" was held with families receiving a rose, wives a poem, and the kids received small toys all from the American Red Cross.

The summer the FAC sponsored a blood drive and getting kids ready for back to school. The blood drive was for military members and families with the Fort Brag Mobile Blood Unit at the Charlotte Armory to do the collection. The "Back to

School Jam" was sponsored by Veterans of Foreign Wars post 9488. These events provide military children the opportunity to get free school supplies. The event was more then just a shopping spree, it featured VidiTalk recording sessions, face painting, a fire truck display and representatives from Veterans Affairs and the Mecklenburg Police Department.

In August Mike Drummond a reporter with the Charlotte Observer who is chronicling the transition of Guardsmen back from Iraq, met with Guard families to hear their stories prior to his embed assignment with the 505th Engineer Battalion in Iraq. Mr. Drummond is working on a series featuring what life is like for Guardsmen who serve overseas then transition back to their civilian occupation. He was interested in knowing what life is like for families before, during and after a deployment. The series should begin to run some time in February or March.

Working with other FAC offices the Charlotte FAC supported the welcome home ceremonies at Green Ramp for the 505th Engineers.

In the fall, the Vineyard church gave away free grocery care packages for Guard families in Davidson, Huntersville, and Cornelius. They served free lunch, games and prizes, crafts and had a nickel garage sale.

2007 NORTH CAROLINA ARMY AND AIR NATIONAL GUARD OFFICER'S MILITARY BALL

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Family Focus

Educating Educators

by Spec. Robert Jordan

Family Assistance joined with the Military Child Education Program taking educators across the state to school about the needs of Guard children during deployments, Nov. 29-30, in Greenville.

Educators are not used to being told what they do not know, few understood the scope of deployments affecting school age children in North Carolina. "They did not realize that it truly affected children in their school system," said Mrs. Diane Coffill, State Family Program Director. "They assumed that if they did not live near an installation that any kind of theirs was going through a deployment."

The North Carolina Supporting Military Children Guide provided information and resources about the needs of Military children for educators, teaching educators about deployments and how they affect children. "They do not understand deployment, they may just think it is an unruly child and not think a deployment is involved," said Coffill. Most who attend the sessions did not realize that there are nearly 8,000 school age Guard children across the state.

The personal contact between the educators and experts in Family Assistance was critical for understanding what actually goes on during a deployment. When talking to educators one reaction was common. "Amazement, they did not realize that so many in N.C. have been gone and all the children were affected and what it truly means," said Coffill.

Understanding how a deployment can affect a child is critical since clues can be hard to spot. As one teacher shared



Family Readiness volunteers of the Guard and Reserve listen during training on Nov. 16th, 2006, in Hickory, NC. The instruction included role playing, unique scenarios, question and answer sessions, and overall consistency training. Photo by Tech Sgt Brian E. Christiansen, NCANG.

at the seminar, she thought a child was being unruly for no apparent reason until she asked the child what was different about her hair. "She did not realize anything was going on except her hair was not being done as well as before," said Coffill. "The child said mom was gone and dad was doing her hair."

Educators need to be aware of the possibility of deployments and be able to track since there is no single database for educators

to use to find who has a deployed parent due to privacy requirements. "Educators need to know how to identify a kid with a deployed family member in the school system and where they can get help," said Coffill.

"Principals and Superintendents should set up an in-house system, we will go to schools systems and talk about what we can do for them." Some of the tools Family Assistance can bring to a school include ongoing family programs, instructions on how to recognize signs of kids involved in a deployment, and age specific activities. These resources are online on the Family Assistance web site, Military One-Source, and can be distributed to every educator.

Anyone needing more information on programs available through Family Assistance can go to <http://www.nc.ngb.army.mil/family/contact.asp>.



Children of the Guard and Reserve



Military Calls Clubs to Action by Tim Richardson

America's military remains deployed to Iraq and Afghanistan in record numbers. Other members of our armed forces provide disaster relief along the hurricane-shattered Gulf Coast. Active Duty, as well as Reserve and National Guard forces, are stretched nearly to their limit in this global scenario.

Citizen-soldiers from the National Guard and Reserves who were our civilian neighbors only a few months ago have now been activated from every corner of America to heed the nation's call. They are suddenly full-time military for an extended period of time.

Meanwhile, on the home front, families of those at risk await the safe return of loved ones, amidst heightened emotional, psychological and financial upheaval.

When activation of troops began, Boys & Girls Clubs of America also mobilized to serve. It is a tradition dating back to 1991 and the Persian Gulf War, when 400 clubs joined to support 17,500 military-connected children.

Boys & Girls Clubs are uniquely positioned to offer family support services by opening their doors to children of Reservists, National Guardsmen and Active Duty personnel living off-base. Our military families need Boys & Girls Clubs even more today, and every club can help.

Lend a Hand

Throughout 2006, clubs are asked to open their doors and provide no-cost services to children of military personnel, and to be proactive in linking with local military units, especially Reserve and National Guard. Any support clubs can provide such as waiving membership fees, sports league involvement, field trips, camps, etc., will go a long way to assist families in need.

To offset club costs, program fees and staff outreach efforts, BGCA will provide clubs with up to \$100 for each military child presented with a one-year club membership and services. Specifics on each outreach program can be found under the Military Support tab on www.bgca.net.

Each military service has slightly different need and target population:

Navy and Marine Corps: Youth Outreach was created to serve Navy and Marine Corps youth whether they are Reservists or Active Duty military. The core Mission: Youth Out-

reach is a membership fee waiver card that has been widely distributed through military channels and clubs in high-density military communities. Clubs are asked to honor these cards and, in turn, submit them to BGCA for reimbursement. Clubs may also request a supply of cards at no cost.

Army: Operation Military Kids (OMK), the Army's outreach project, is a collaborative partnership with the department of Army Child and Youth Services, 4-H, the Military Education Coalition, and the American Legion. The BGCA focus of OMK is to serve



children of the National Guard and Army Reserve in the state of Virginia, North Carolina, Georgia, Florida, Texas and Washington, with the aid of top club professionals who have been designated as state OMK coordinators.

A second Army partnership, Operation Proud Partners (OPP), matches 15 local clubs with nearby Army bases to provide quality club services to military, connecting children living in the civilian community. Approximately 4,000 children have been served over the past three years as a result.

Air Force: There is a major need for club services by Air National Guard and Reserve units, which are based on or near airports across America. Fee waiver cards also drive the Air Force's outreach project. More information and downloadable fee waiver cards can be found at www.bgca.net under the military support tab.

Finding Military Families

"Most people aren't aware of how many military personnel live in civilian communities," says Karen Morgan, family Policy Ana-

lyst for the Office of the Under Secretary of Defense. "All of the nation's Reservists and National Guardsmen, as well as over 60% of the Active Duty force, are your civilian neighbors and need your support. Every community in America has recruiters as well, all of whom are removed from the support of a military base."

The easiest first step is to look in your local telephone directory. Military organizations, including recruiters, Reserve and National Guard, are usually listed under "Government" or "Local Government." If there are no military units in your immediate area, that doesn't mean there are no military families in your community. Some Reservists, National Guardsmen and recruiters are eager to learn about Club services available to their children.

Ways to generate interest and recruit military children into membership include: place a "free programs and services" ad or article in your local civilian/military newspaper and club mailers; address gatherings of Reservists/Guardsmen during their monthly meetings; conduct special events, such as sleepovers or camping trips for military children when their parent is away from monthly "drill weekend" exercises; and request membership fee waiver cards and a military outreach videotape from BGCA. Military specialists at BGCA stand ready to assist your club in mapping a plan of service.

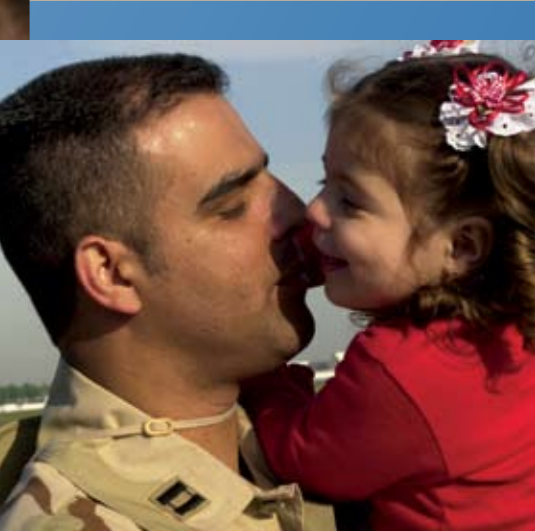
For more information or to share successes your club is having in serving the military, contact BGCA Project Directors Tom Scheer and Cindy Rondeau at (404) 487-5927 or MSI@bgca.org.

A Parent's Praise

"My husband and I love the club, and what it's doing for our three sons! There's so much to do: from crafts to computers, and sports to Power Hour. We looked at other after-school programs in the community and the club was best, hands down," Christine Betancourt, wife of Marine Gunnery Sgt. Gerardo Betancourt, Camp Pendleton, Calif., whose children attend the Boys & Girls Club of Oceanside. "This partnership with Boys & Girls Clubs is a really good deal for military families. I've been recommending the club to other Marine Corps parents."

The Greatest Reason To Serve







Children of the Guard and Reserve

Lewis and Clark Expedition By Kathleen Flaherty (LTC. Ret.)

In 1804, Meriwether Lewis & William Clark began a voyage of discovery with 45 men, a keelboat, two pirogues, and a dog. They departed from Camp Wood located in what was to become Illinois.

President Jefferson had long dreamed of what lay to the west of the young United States - what animals, plants, minerals, what route for eastern trade would his expedition reveal? The President had privately requested Congress to fund the expedition shortly before the Louisiana Purchase in 1803. Lewis & Clark were ordered to write accounts of all they did, each species encountered, details of cultures they met, maps of the land - everything. They traveled over a three-year period through lands that later became 11 states.

The North Dakota Army and Air Guard invited those selected students of 11th and 12th grade to participate in the 200th Anniversary of the Lewis and Clark Expedition. Joshua Shehan and Stephanie Wilcox from South Caldwell High School in Hudson, N.C. were the selected attendees from our state. The students conducted research and



wrote an essay about the history of the Lewis and Clark Expedition. The selected students flew to North Dakota and were given the opportunity to take a personal look at the history of the Lewis and Clark Expedition.

There they and their squad leaders or

flight leaders, TSgt Garrison, of the 145th Services Flight, conducted several outdoor and culture activities that included Native American Friendship Ceremony, a walk through time with the 17th Infantry Cavalry, and sampled local and ethnic cuisine.

Computers for Kids By Rena Wethington

It is easier for military families to communicate with their deployed Guardsmen if they have use of the internet. Additionally, it is much easier for your Family Assistance Center (FAC) to get time-sensitive information to our families if they have email.

In January 2006, the Morrisville FAC met with Purple Elephant Computer Factory for Kids officials and began the process of acquiring computers for our NCNG families not already having one. Purple Elephant Computer Factory for Kids is a nonprofit organization that has made their services available to you. They will make fully upgraded, cleaned, and recycled computers available



at no cost. They do request a \$75 tax-deductible donation to cover their expenses so they can continue to provide the service. A typical system could consist of a CPU (Min. 350 Mhz Processor, 128 mb RAM, 5GB or

larger Hard disk, 56K v.92 Modem, Windows 2000 Professional), 17" monitor, keyboard, mouse, power cables, utilities disk and setup instructions. If you cannot afford the donation and you do not have any other working computer in your home, please let us know. We are all working on ways to provide assistance to help cover the donation request.

Requests for computers should be made to your FAC so that we can validate your involvement with the NCNG. Your FAC will also be the distribution point for your computer. These computers will come to you ready to plug in and use. You do not have to be "computer savvy" to get up and going.

Children of the Guard & Reserve



Step up for Soldiers-With a Line and a Pole

By Spec. Robert Jordan

Scores of children cast fishing lines into the ocean at Kure Beach Pier as parents looked on during a hot summer morning at the "Step Up For Soldiers" Children's Fishing Day, Aug. 19.

Nearly 200 children of military members from across the state gathered at the pier for a morning of free fishing thanks to the efforts of the Kure Beach community. "If you truly care about a Soldier, help take care of their family," said J.T. McVicker, assistant program director for Rock 104.5 FM WRQR, a sponsor of the event.

Response to a day at the beach was immediate. "I signed up as soon as I got the e-mail from Family Assistance," said Bridgette Carroll who brought two of her children to the pier. Some families with fathers deployed were eager to attend. "One mom called and said 'do I have to know how to fish, their dad usually takes them,'" said Rena Wethington of the N.C.N.G. Family Assistance Center.

Volunteers from the 120th Combined Arms Battalion (CAB), Kure Beach Fire Department Women's Auxiliary, Got-Em-On Bait Club and a host of other community organizations showed up to lend a helping hand. They walked along the 900 ft. pier baiting hooks, helping children cast, handing out rods and reels and having as much fun as the children. "It was enjoyable, the little kids is what this is about," said Maj. Lee Ezzell, administrative officer of the 120th CAB.

Bringing the community and military families together was the focus of the event for Tom Russell of "Step Up For Soldiers," a



Participants enjoy fishing off the Kure Beach Pier during the "Stand up for Soldiers" Children's Fishing Day on Aug 19.

non-profit that assists disabled Soldiers in the region. "It lets children know someone cares and brings together different military families," said Russell. Wethington agreed, "the Guard in particular needs to know their community is behind them, their community is their base."

McVicker, Russell, and other community leaders met in early July to come up with a plan to support military Families. Talk quickly centered on the pier. "We wanted to incorporate the beach and families," said McVicker. "It was definitely a group effort and hopefully an annual event," said Kotyk.

Trophies for the biggest fish and ugliest fish were given out. Costco provided backpack with school supplies and Kure Beach Pier provided a rod and reel for each child who participated at the end of the event. "A big thank you to these folks (sponsors) who had a hand in this," said Wethington. For more information on future family events please go to www.nc.ngb.army.mil/family.



Sponsors for the Event:

Kure Beach Pier

Got-Em-On Bait Club

ROCK 104.5

Pleasure Island
Chamber Of Commerce

Fraternal Order of Police

Costco store #58

Krispy Kreme

Coco-Cola

Blackburn Brothers Seafood

The Sign Company of
Wilmington

Waste Management

Pleasant Motor Company

4 Seasons Trophy

Piedmont Natural Gas

Southlands Amusements

Bowman Reality

The Island Gazette

United Beach Vacations

North Carolina National Guard
120th C.A.B.

Shirley James Coldwell Banker
Sea Cost Realty

Island Tackle Hardware

Pleasure Island Photography



Employer Support of the Guard & Reserve

IBM Honored for Extraordinary Support By Johnny Dwiggins, North Carolina ESGR



Lt. Governor Beverly Perdue addresses IBM employees at the Seven Seals Awards Ceremony in RTP.

The North Carolina Committee for Employer Support of the Guard and Reserve (ESGR), an agency of the Department of Defense, recently honored IBM with the Seven Seals Award in recognition of extraordinary support of its employees who serve in the North Carolina National Guard and Reserve.

The Seven Seals Award was created by ESGR to publicly recognize American Employers who provide outstanding patriotic support and cooperation to their employees, who have answered their nation's call to serve. Supportive employers are critical to

maintaining the strength and readiness of the nation's National Guard and Reserve units.

"IBM joins thousands of American Employers who have reviewed and amended their current human resources policies to ensure compliance with the Uniformed Services Employment and Re-Employment Rights Act Law (USERRA). Many employers provide "Above and Beyond" support with pay differential to offset the loss of wages, and extension of health care benefits which complement coverage provided by the military when their employees are mobi-

lized," added Chairman Bud Brown, North Carolina ESGR

"IBM has a long history of supporting and encouraging employees who serve our communities and our nation, including those in the National Guard and Reserve," Rusine Mitchell-Sinclair, North Carolina Senior State Executive. "I believe our employees who serve in the Guard exemplify the values of our company."

Lieutenant Governor Beverly Perdue and Maj. Gen. William E. Ingram, Jr. the Adjutant General of the North Carolina National Guard joined ESGR members Jim Aheron and Johnny Dwiggins to present the Award. IBM also signed a 5-Star Statement of Support of the Guard and Reserve during the ceremony on 10 November, 2006.

IBM in Research Triangle Park has over 11,000 employees that develop and deliver hardware, software and services to help clients around the world innovate and remain competitive in a global economy.

As the 1.2 million members of the National Guard and Reserve continue to perform an increasing number of unique missions, ESGR provides education, consultation, and if necessary mediation for employers of Guard and Reserve employees. More information about ESGR Employer Outreach Programs and volunteer opportunities is available at www.esgr.mil, or by calling Johnny Dwiggins, 336-293-9115.

Skyline Among Top Honored

The Department of Defense honored SkyLine Membership Corporation of West Jefferson among 14 other employers. SkyLine Chief Executive Officer (CEO) John Dixon, Human Resource (HR) Manager Angie Miller and Field Services Technician and National Guardsman Joe Taylor represented the cooperative at the ceremony in Washington.

"I simply cannot tell you how important your support is to our service members when they are deployed and serving in harm's way," said Vice Chief of Staff for Army and keynote speaker General Richard Cody to honorees at the awards ceremony. "I've been on the front lines, and I've seen it myself – our men and women in uniform are truly fighting for you. They are serving for

each of us so that future generations of Americans will know the same freedoms and unique American way of life that we enjoy today."

Hundreds of National Guard and Reserve members from across the country nominated their employers for their exceptional provision of continued benefits, differential pay, family assistance and additional support to ease their transition from civilian employees to active military personnel and back. From those nominations, ESGR selected the 15 most exemplary employers from organizations large and small, public and private. A handful of nominators were in attendance to help ESGR honor and award their employers for going above and beyond federal law requirements in providing support.



John Dixon, SkyLine CEO meets with President George W. Bush.

"SkyLine is happy to support its employees who serve in the Guard because their service to our country allows the rest of us here at home to enjoy those freedoms that we all cherish, but too often take for granted," said John Dixon, SkyLine CEO.

Employers Supporting the Guard



Good Chemistry Results in Success By Staff Sgt. Al Hunt

Maj. Dave Heilman, 30th Heavy Brigade Combat Team (HBCT), Brigade Engineer, spends his days as a formulation scientist at Trimeris Biotechnology Company in Morrisville, N.C. “Trimeris is very supportive of me and my family, whether during drill, Annual Training (AT) or deployed,” said Heilman.

Steve Skolsky, CEO of Trimeris, added that Dave brings a high level of leadership to his peers as well as the Trimeris management team. He said Dave has a “can do” attitude and demonstrates an exemplary work ethic. They miss him when he is gone, but they also understand the importance of his service to our country.

When Heilman first started with Trimeris, the company had no policies in place for citizen-soldiers. He began to work with the Human Resource Office, and policies were developed for AT and other training periods. In February 2003, four months before Heilman was scheduled to attend AT at Fort Irwin Calif., the 30th HBCT was put on Alert for deployment. Shortly thereafter the nearly 4500 soldiers of the 30th HBCT, came off alert and continued their intense preparation for movement to Calif. “This initial alert was my wake up call,” stated Heilman. “I had most of my military paperwork in place but needed more work on my civilian

plans.” He went back to human resources about the “what if” of mobilization. The extra time and planning paid off. When the unit was mobilized for Iraq in October 2003, Trimeris and Heilman were ready.

A key benefit that Trimeris provided was continuation of his health insurance. Heilman’s son Joshua was being treated for a foot problem and his doctors were not on TriCare’s list of providers. “Though I had faith that the TriCare would have eventually covered the costs, it was the added piece of mind knowing my family would still be taken care of during the initial uncertainty of mobilization,” he said. “We eventually switched to TriCare only.” Trimeris continued his accumulation of vacation time and paid the difference between his military and civilian pay. For a small company this can be a challenge.

Skolsky and Heilman both agreed that communication and planning are keys to a successful guardsmen-employer relationship.



(Left) David M. Heilman, removes samples of a potential anti-HIV treatment from a freeze dryer at his civilian job.

(Right) Maj. Heilman displays an artillery round that his team found in Iraq.

“Dave lets us know as soon as he receives his orders and sometimes even before if he suspects the leave dates are coming,” said Skolsky. “Employers need to be flexible and the Guardsman needs to plan ahead and keep the employer informed.”

Heilman said that it is a working relationship and employers need to know they are part of the Army Team. Trimeris received the Employer Support of the Guard and Reserve “My Boss Is a Patriot Award” in September 2003, and again in March 2006. Trimeris proudly announced the receipt of the awards during corporate forums and the awards are displayed in the main hallway of the company.

NC Justice Department Seals Support



The North Carolina Justice Department reinforced its commitment to its Guard and Reserve employees with the signing of ESGR’s 5 Star Statement of Support. The North Carolina Attorney General, Roy Cooper, with the North Carolina National Guard Adjutant General, Maj. Gen. Wil-

liam E. Ingram, Jr. on hand, signed the ESGR 5 Star Statement of Support on November 9. Also on hand were North Carolina Department of Justice Guard and Reserve employees.

“By signing this agreement, we recognize and respect that our Guard and Reserve employees have two jobs”, Attorney General Cooper said. His statement embodies the intent of the 5 Star Agreement.

The 5 Star Agreement is intended to:

1. Promote an understanding of Guard and Reserve service.
2. Enlist support of employers in development of human resource policies and practices that support and encourage employee participation in Guard and Reserve programs.
3. Disseminate information to improve knowledge of, and voluntary compliance

with, the uniformed Services Employment and Reemployment Rights Act (USERRA).

4. Sustain willingness of employers to support their employees called to military service.

Established in 1972, ESGR has paved the way in improving employer relations with employees serving in the Guard and Reserves. Through initiatives like the 5 Star Employer Program, ESGR is bringing education, awareness, and commitment from employers to support their Guardsmen and Reservists.

Education, commitment, and communication – the best combination for a positive employer and guardsman working relationship.

Dedicated employers can elect to become a 5 Star Supporter by visiting the ESGR website at www.esgr.org.

Service at Home and Abroad

NCARNG Units



30th BRIGADE COMBAT TEAM (HEAVY)

- 30th Headquarters Headquarters Co.
- 30th Special Troops Battalion
- 120th Combined Arms Battalion
- 252nd Combined Arms Battalion
- 150th Armored Cavalry Reg (WVARNG)
- 230th Brigade Support Battalion
- 1st Battalion 113th Field Artillery



130th COMBAT SUPPORT BRIGADE (MANEUVER ENHANCEMENT)

- Headquarters Headquarters Co.
- 690th Maintenance Battalion
- 105th Engineer Battalion
- 505th Engineer Battalion
- 105th Engineer Group



449th THEATER AVIATION BRIGADE

- Headquarters Headquarters Co.
- 1st Battalion 130th Aviation
- Det 1 A Co 1st BN 58th Air Traffic Svcs
- B Co 1st Battalion 126th Aviation Regiment
- 226th Division Aviation Support Battalion



60th TROOP COMMAND

- 42nd Civil Support Team
- 139th Rear Tactical Operations Center
- 730th Quartermaster Battalion
- 5th Battalion 113th Field Artillery
- 217th Personnel Services Company



113th FIELD ARTILLERY BRIGADE

- Headquarters Headquarters Battery
- 105th Military Police Battalion
- C Co 161st Area Medical Services Battalion
- 630th Combat Sustainment Support Battalion

Deployed Units

CAMP ATTERBURY

- 133rd Personnel Services Det.

OPERATION JUMP START

- 170 Guardsmen (Air & Army)

AIR NATIONAL GUARD OIF U.S. AIR BASE SUPPORT

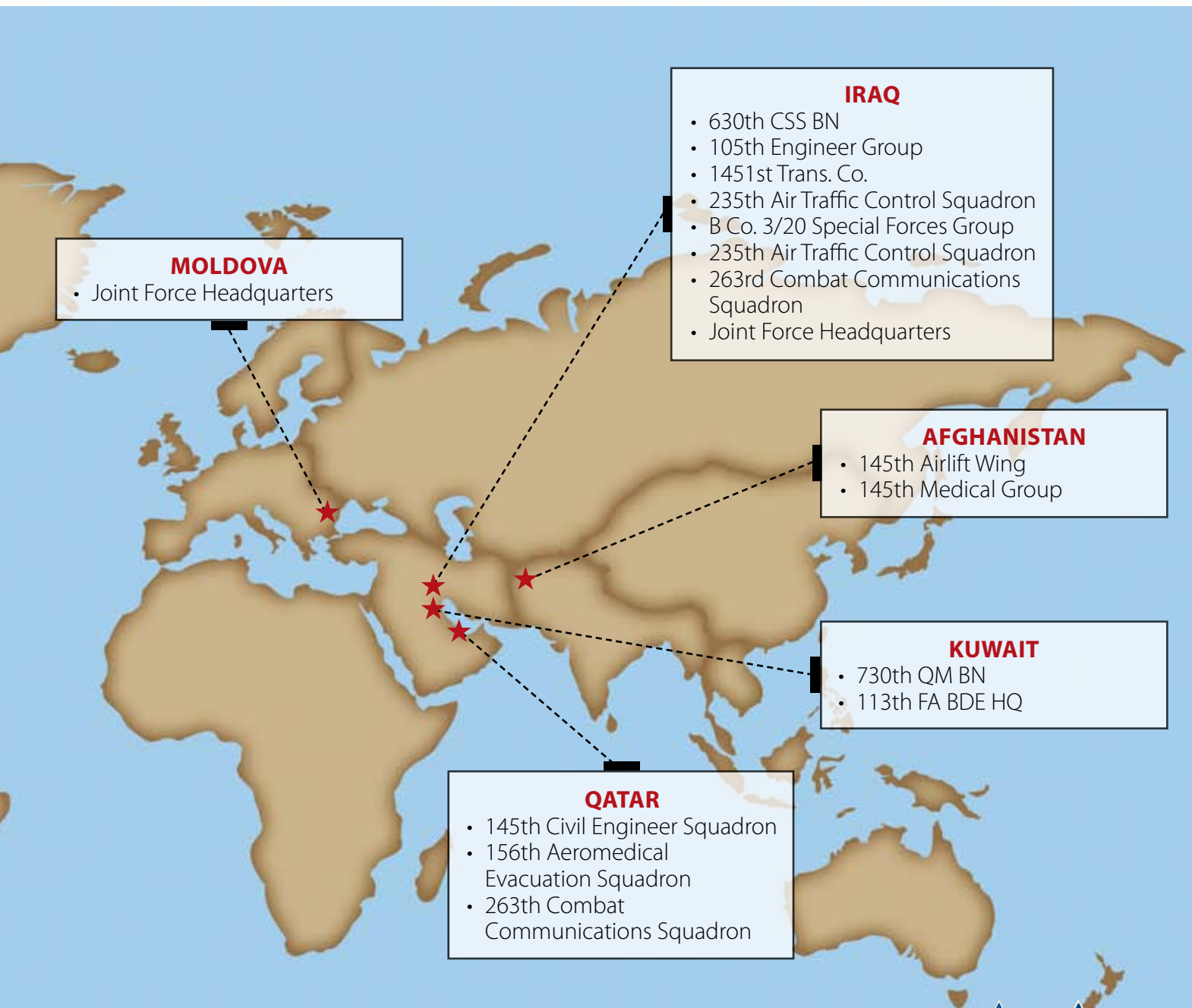
- 145th Airlift Wing
- 145th Aircraft Maintenance Squadron
- 145th Security Forces Squadron
- 145th Aerial Port Squadron
- 235th Air Traffic Control Squadron
- 145th Civil Engineer Squadron
- 145th Maintenance Squadron
- 156th Weather Flight
- 156th Aeromedical Evacuation Squadron

ANTARCTICA

- 145th Aerial Port Squadron

Total deployed = 600 Guardsmen

As of 14 Dec 2006



NCANG Units



145th AIRLIFT WING

- 145th Mission Support Group
- 145th Civil Engineer Squadron
- 145th Logistics Readiness Squadron
- 145th Security Forces Squadron
- 145th Medical Squadron
- 145th Aircraft Generation Squadron
- 145th Aerial Port Squadron
- 156th Airlift Squadron
- 156th Aeromedical Evacuation Squadron



118th AIR SUPPORT OPERATIONS SQUADRON



235th AIR TRAFFIC CONTROL SQUADRON



263rd COMBAT COMMUNICATIONS SQUADRON



Chaplain's Corner

The Wisdom of a Child

While the wisdom which comes with maturity is extremely important in life, let us not lose sight of the simplistic common sense wisdom of a child. I am sure that we have all had those moments where something very profound and thought provoking suddenly burst forth from the lips of a small child. I have had plenty of those experiences raising my own children. One soldier, who had recently returned from Iraq, shared with me that while his family was working through the painful and joyous process of returning to 'normal life' at home, his daughter looked at him and finally asked, "Daddy, are we supposed to adjust to you, or are you supposed to adjust to us?" What a profound question! From the lips of a small child, came a storehouse of wisdom. Of course, the answer to that question is that it works both ways; each must readjust to the other. In my practical experience and observations, I believe the tendency is the soldier has more difficulty adjusting back given the experiences and realities of war.

The learning curve is this; often profound wisdom can come from very young lips due to their simplistic and unencumbered approach to life. They are traveling with a lot

less baggage than we are as adults. So, listen to your children and do not shrug them off just because they are young. Family research verifies time and time again that what children are asking for most is parents who will love and accept them for who they are, listen to them without casting judgment and spend quality time with them. I challenge you during this beginning of the new year, rather than lavishing material gifts upon your children- give them what they need most- your love, understanding and acceptance. You may be pleasantly surprised of what you may learn along the way and of the peaceful change in atmosphere around the house.

God bless you and your family!

*If you would like to speak with
Chaplain King you may call:*

919-664-6198

or

1-800-621-6198



Cpt. Steven King
Army Chaplain

10 ways to tell your children...

I Love You

- 1) Make your home a place of safety, acceptance and love.
- 2) Build feelings of self-worth by showing your children how they are special.
- 3) Spend time with your children by talking with them, laughing and playing.
- 4) Don't criticize when they try but fail, Acknowledge their effort, praise and reward.
- 5) Set limits to make children feel secure and to teach them responsibility.
- 6) Protect you children.
- 7) Hug and kiss your children daily.
- 8) Provide your children with opportunities to learn and grow.
- 9) Provide healthy diets and plenty of exercise.
- 10) Tell them "I love you".

West Marine Follow up By Sgt 1st Class Jerry Townsend

In the last issue of GFC, West Marine was highlighted for supporting their employee Spec. Meredith Miller of 60th Troop Command. Since then, Manager Dean Barillaro and his store was nominated and awarded the Patriot Award by the Department of Defense. The Patriot Award is awarded to employers for their exceptional support of employee participation in the National Guard and Reserve.

Along with that prestigious selection, West Marine was also selected by the North Carolina Committee for Employer Support of the Guard and Reserve during the 2006 awards period as one of the most support-

ive employers in the state. In recognition of this, West Marine and Mr. Barillaro will be

"West Marine has always been a big proponent of our military and often hires military soldiers and retirees."

recognized for their outstanding support of the North Carolina Army National Guard, during an awards banquet on Saturday, Jan-

uary 27th in Greensboro, North Carolina.

In a recent interview, Mr. Barillaro, said he was humbled by all of this and was proud that he could support SPC Miller with her service to this country. He went on to say "This award is indicative of how West Marine feels about their employees and the relationship it has with them. West Marine has always been a big proponent of our military and often hires military soldiers and retirees." Thanks West Marine!

If you have a supportive employer, contact ESGR and let us at GFC know so we can tell the rest of our Guard Family.

Community Resources



Classifieds

NATIONAL GUARD

Guard Knowledge Online (GKO)

<https://gko.ngb.army.mil/>

North Carolina National Guard Public Website

<http://www.nc.ngb.army.mil>

Military One Source

Call 1-800-342-9647
www.militaryonesource.com

Virtual Armory

www.virtualarmory.com

AUTOMATION TOOLS

TSP Calculator

www.tsp.gov/calc/index.html

Social Security Benefit Calculators

www.ssa.gov/planners/calculators.htm

Life Insurance Calculator

www.opm.gov/calculator/index.htm

BANKING

USAA

usaa.com

State Employees Credit Union

www.secu.org

DISCOUNTS

Here's To The Heroes

www.herosalute.com
1-800-342-5283

EDUCATION BENEFITS

CW2 Mark Colon Education Services Officer

919-664-6272

Education links:

www.gibill.va.gov/
www.virtualarmory.com
[www.dantes.doded.mil/
dantes_web/](http://www.dantes.doded.mil/dantes_web/)
www.aarts.army.mil

FAMILY

NC National Guard Family Readiness Program www.nc.ngb.army.mil/family

America Supports You

www.americasupportsyou.mil

Guard Family Team Building

www.gftb.org

Guard Family Action Plan

www.fgap.org

National Guard Bureau Family Programs Website

www.guardfamily.org

Military Spouse Resource Center

www.milspouse.org

INSURANCE

USAA

usaa.com

Servicemembers Group Life Insurance

www.insurance.va.gov
Toll-Free: 800-419-1473

LEGAL

Fort Bragg Legal Assistance Office

(910) 396-6113
or (910) 396-0396

JAG Online

[www.jagcnet.army.mil/
legal](http://www.jagcnet.army.mil/legal)

MONEY MATTERS

Defense Finance and Accounting Finances (DFAS):

www.dfas.mil

Military Money

www.militarymoney.com

MY PAY

[https://mypay.dfas.mil/
mypay.aspx](https://mypay.dfas.mil/mypay.aspx)

Thrift Savings Plan

Thrift Savings Plan
www.tsp.gov

Thrift Line:

1-877-968-3778

TRAVEL

DoD Per Diem, Travel and Transportation

www.dtic.mil/perdiem/

Per Diem Rates

[www.dtic.mil/perdiem/
faqmilea.html](http://www.dtic.mil/perdiem/faqmilea.html)

Defense Travel System

www.dtic.mil/travelink/

Armed Forces Vacation Club

www.afvclub.com
1-800-481-5738 ext. 8253

Military Space Available Travel

www.spacea.info

Pope AFB Space A

Commercial: 910-394-6527
DSN: 424-6527

Flight Info Recording
Commercial: 910-394-6525
DSN: 424-6525

Navy Lodging

www.navy-lodge.com
1-800-NAVY-INN or
1-800-628-9466

U.S. Army MWR

www.armymwr.com
Phone: 910-396-8747/8687
DSN: 236-8747 (trip)
or 8687 (tour)

VETERAN'S

Veteran's Centers

Charlotte:
(704) 333-6107

Fayetteville:
(910) 488-6252

Greensboro:
(336) 333-5366

Greenville:
(252) 355-7920

Raleigh:
(919) 856-4616

American Legion

<http://www.legion.org/>

Veterans of Foreign Wars

<http://www.vfw.org/>

Department of Veteran's Affairs

<http://www.va.gov/>

YOUTH

Guard Family Youth

www.guardfamilyyouth.org

National Gallery of Art

www.nga.gov/kids/kids.htm

Air Force Crossroads

[www.afcrossroads.com/
kids/index.cfm](http://www.afcrossroads.com/kids/index.cfm)

Military Child Education Coalition

www.militarychild.org



Kids on Guard named a non-profit organization

Kids on Guard events take place throughout the year in different locations in the state. The events have been coordinated thru the Family Assistance Centers who provide support for all family members connected with the military. The funding for this program has relied heavily on donations from individual and community supporters. Operation Kids on Guard has gone through a recent change to help the program and allow them to reach and offer more to the military children. Operation Kids on Guard is now a non-profit 501(C)3.

By becoming a non-profit organization KOG can stand on its own, making the program financially stronger. The organization will be able to provide funding for events all through our state and allow more children to attend.

As the KOG program grows they will be able to offer a whole new range of opportunities to the children of Guard/Reserve Soldiers and Airmen.



“Operation Kids on Guard continually supports the physical and emotional well being of our Guard/Reserve children,” said Alice Dean, State Youth Coordinator, “this support helps the child deal with the deployment of their parent.”

Information and Volunteers

For more information or to volunteer with the Kids on Guard program please call:

Alice Dean

(919) 664-7616 or

(800) 621-4136 ext. 7616

Donations

To donate to the Kids on Guard Program, send your check or money order to:

Operation Kids on Guard

PO Box 32127

Raleigh, NC 27622

Make checks payable to Operation Kids on Guard. All donations are tax-deductible

**Thank you
for your support.**

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